

Virtual Intensive Outpatient Programs

3 STEPS TO A BETTER WORKPLACE MENTAL HEALTH SOLUTION

The overall health and success of your workplace relies on both the physical and psychological well-being of your people. By supporting a healthy and informed environment at work, you can set yourself up for success.

500,000

Canadian workers miss work every week as a result of poor mental health*

218%

Average return on investment in company mental health initiatives after three years*

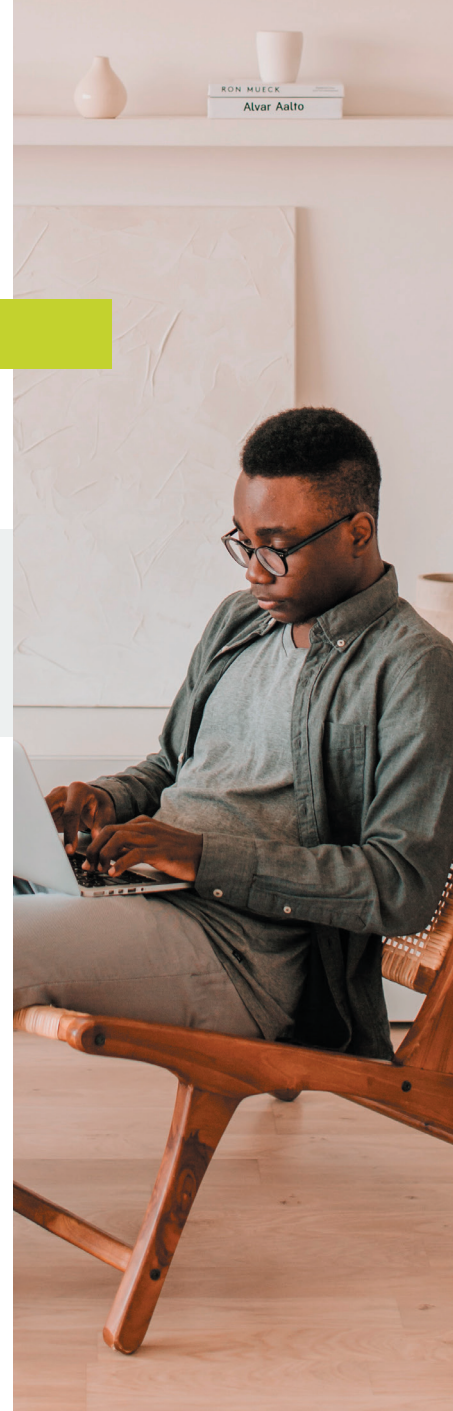
87%

of patients complete EHN Online's Intensive Outpatient Programs

Step 1 | Recognize your employee's struggles and needs.

Signs that an employee is dealing with a mental health disorder usually fall into three categories.

	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
FUNCTION	Functioning at work	Disrupted functioning at work and outside of work; absenteeism; presenteeism, increased sick days	Low functioning at work or not working
INTENSITY	Mental health symptoms triggered by an event or situation (work stress, death, divorce, etc.)	More frequent and intense mental health episodes	Chronic mental health conditions
USE OF SERVICES	Accessing support services for the first time or again after a break	Has accessed or is accessing individual counsellor or digital solutions, but requires more intense and/or more frequent treatment	Has accessed intensive mental health support and requires a day program or residential care



Step 2 | Know your mental health support options.

Once you identify the symptoms, you can pair them up with the appropriate services.

	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
SERVICE OPTIONS	<ul style="list-style-type: none"> Individual counselling iCBT Self-guided therapy Wellness apps Peer support groups 	Combination individual and group therapy program with corresponding digital component (IOP)	<ul style="list-style-type: none"> Partial Hospitalization Program (PHP) Residential treatment

WHAT IS INCLUDED IN A VIRTUAL IOP?

- 8 weeks of intensive virtual programming
- 9 hours per week of real-time individual and group counselling
- 10 months of weekly maintenance Aftercare

Step 3 | Identify the most effective treatment.

Offer employees with moderate symptoms a combination of individual and group therapy, with daytime and evening options. An Intensive Outpatient Program (IOP) allows employees to get treatment that fits into their home and work lives, while helping:


REDUCE THE COST OF TREATMENT


IMPROVE OUTCOMES


ACHIEVE HIGHER PROGRAM COMPLETION RATES


MAINTAIN LONG-TERM TREATMENT GAINS

WHY CHOOSE TREATMENT FROM EHN ONLINE?



Therapy that gives employees the skills to heal and stay on the job



Specialized streams to treat depression, anxiety, trauma, and addiction disorders



Access to registered mental health professionals trained in effective online therapy



3-day Family Workshop for unlimited loved ones



WAGON app with clinically integrated content



Dedicated specialist to coordinate referral and reporting requirements

MAKE YOUR COMPANY A HEALTHIER, MORE PRODUCTIVE WORKPLACE.

CALL 866 852 8476
EMAIL REFERRALS@EHNCANADA.COM
VISIT EHNONLINE.CA

 **EHN CANADA**

* Deloitte Insights, 2019.